

Men's Lacrosse looking for acceptance
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LAMBDA

PROUDLY SERVING THE LAURENTIAN UNIVERSITY COMMUNITY SINCE 1961

Men's soccer enjoying a stellar season

BY LAUREN LAROCQUE
SPORTS EDITOR

The Laurentian men's soccer team defeated Trent University on Sunday, Oct. 1, with a come-from-behind victory and a final score of 2-1. This victory brings the Voyageurs' record to 5-2-2 for the season and puts them in second place in the (Ontario and University Athletics (OUA) East division standings. This is a far cry from last season's mid-point record of 0-4-1. The Voyageurs' are focused this year on making the playoffs, and seemed poised to do so. They currently on an undefeated streak that reached five games with their win over Trent.

Many soccer fans will remember the disappointing loss to Nipissing at the end of last year's season that erased the Voyageurs chance of advancing to the playoffs.

With the goal of making the playoffs this year, the Voyageur's record bodes well for its season.

"The team has stepped up and played each game



Contributed

The men's soccer team continues to win hard fought games during their season this year that has them sitting at 5-2-2, good for 2nd place in the OUA East standings.

with dedication and says stuck out this year," the team's head coach, Carlo

Castrechino, said.

The Voyageurs find themselves in a unique situation this year with a roster that consists of fifteen rookies. Castrechino said he is excited about what these new additions have to bring to the team. This year's rookies are enthusiastic and eager to learn, using their naiveté about playing in the OUA to give everything they have to every game.

Castrechino is also looking to the veterans of the team to lead by example, take on a leadership role and take the rookies under their wing.

With so many rookies, it would make sense that team chemistry would be an issue, but the Voyageurs have meshed well. This may be credited to a stress on mandatory team get-togethers and team meals. The team does a lot together, and many of the veterans organize team functions.

Soccer at Laurentian is a fan attraction and the Pot Bangers have been credited with putting some extra jump in the Voyageurs' game.

Players who have excelled this season include Sudbury native Anthony Tagliafierro, third year midfielder Daniel Keir (Hamilton, ON), defenseman Andrew Posteraro (Sault Ste. Marie, ON) and goalie Guillermo Estrada (Pickering, ON).

"The team needs to approach every game as if it were up against a hard team," Castrechino said and went on to cite University of Toronto and Carleton University as two teams who almost create an exciting game and a tough challenge.

Also not to be forgotten is Nipissing University, whose location in Northern Ontario has also created a small rivalry with Laurentian. The Voyageurs are looking to keep their streak alive next week-end as they host Ryerson University on Friday, October 6, 2006 and the Toronto Varsity Blues on Saturday Oct. 7. The kick-off for both games is set for 12 p.m.

Laurentian researchers awarded over \$150,000

BY ALEXANDRA TAYLOR
SCIENCE&TECH EDITOR

Earlier this year, the Canada Foundation for Innovation awarded two Laurentian University researchers with \$151,228 to be used toward their research projects. The Canada Foundation for Innovation (CFI) is an independent corporation created by the Government of Canada to fund research infrastructure. The CFI's mandate, according to their website, is to "strengthen the capacity of Canadian universities, colleges, research hospitals, and non-profit research institutions to carry out world-class research and technology development that benefits Canadians."

Dr. Sabine Montaut was awarded \$73,633 which will be spent on a mass spectrometer, used in the identification of bioactive natural products. Dr. Redhouane Henda, researching advanced materials processing, was awarded \$77,595 which will be used to develop a pulsed electron facility.

The CFI awarded \$20.5 million in funds to support over 130 researchers across Canada, under

the Leaders Opportunity Fund (LOF). The LOF was designed to accurately reflect Canada's evolving research environment, and to give Canadian universities flexibility when recruiting researchers from around the world. The Leaders Opportunity Fund comes at a time when there is immense pressure and competition among international researchers to attract leading faculty.

Laurentian's Associate Vice-President of Research, Dr. Liette Vasseur, had positive things to say about the grants; "Research activities at Laurentian continue to grow, now averaging close to \$15 million annually... We are grateful to the CFI, and the Government of Canada, for their continued support. Research equipment can be expensive, and ensuring that researchers have access to such specialized equipment is critical for greater innovations and thus economic benefits to Canadians."

The investment from the Canada Foundation for Innovation was approved under two funds: \$17 million under the LOF and \$3.5 million under the

Infrastructure Operating Fund, which aids universities in maintaining and operating new infrastructure projects and their related costs.

The President and CEO of the CFI, Dr. Eliot Phillipson, noted that the awards represented a significant boost to Laurentian's research capacities. "This announcement exemplifies what the CFI is all about: providing institutions with the means to attract and retain the world-class researchers that this country needs to remain at the forefront in terms of both quality of life and economic competitiveness."

Since 1997, the CFI has awarded over \$3.5 billion to researchers across Canada. The CFI usually funds up to 40% of a project's infrastructure costs which are "invested in partnership with eligible institutions and their funding partners from the public, private, and voluntary sectors" who provide the remainder. The CFI expects that the total capital investment by their organization, the research institutions, and their partners, will exceed \$11 billion by 2010.

Incontri throws their first PastaFest!

BY DANIELE MUSCOLINO
CONTRIBUTOR

Close to 100 students enjoyed an all-you-can-eat Caruso Club buffet when Laurentian's Italian Club held their first "PastaFest!" event last week. The event was the first event for the Italian Club, Incontri, which strives to promote and enrich Italian culture throughout the University and the City of Greater Sudbury. The featured pasta on the menu was gnocchi, a specialty Italian pasta made from potatoes.

When the students were finished filling up on the delicious Italian meal, a bocce tournament began in the bocce courts. Bocce is an Italian sport often referred to as "lawn bowling". Students formed teams of four and battled it out on the sand courts of the Caruso Club to determine a winner.

The night was a great opportunity for all the members of the Incontri to come together to meet each other. This year, Incontri is one of Laurentian University's biggest clubs with over 230 members.

The Italian club began at the University in 1983, and has continued to be the main source for Italian culture at Laurentian. Incontri members will soon be traveling to Toronto to see "Cosi Fan Tutte" an Italian Opera composed by Mozart. A Wine and Cheese, foosball tournaments, soccer tournament, cooking lessons, and more pasta nights are also scheduled for this year. For more information on Incontri, please email lu_italian@laurentian.ca

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

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EDITOR'S CORNER

Where has September gone?

Can you believe it's already October? I'm not sure about everyone else, but this month has flown by for me. Assignments have come and gone, and I'm unsure how I've already fallen so far behind in my course readings. This being my third year here, you might think I would have been used to the quick pace of September, but it gets me every time.

Midterms are looming in a few weeks and many of us are scrambling to get back on track after a hectic and wild month. Is it really our fault? I mean, we can't be blamed for taking some time to settle into our surroundings, get used to the new people and professors, and for the first year students, it takes plenty of time to get used to University life. So when professors wonder why we haven't done the readings for class, or why we gasp in despair when they announce our midterms, it's because we weren't ready.

Today in class, and I'm ashamed to admit this isn't the first time by any means this has happened, I fell asleep. It wasn't a light nap either. I was sitting right in the front of the class, and for about 45 minutes I wandered in and out of sleep, until I embarrassed myself completely by falling off the armrest and

Editorial



waking with a start. Why am I sharing this? It is simple. September is over. I can't get away with this anymore, and neither can any of you.

September is the month, as I mentioned earlier, that everyone takes for granted. Apart from a few students that I know who are constantly doing work, the majority of us are more relaxed in September than at any other point during the course of the year. Once October rolls around, its down to business. Assignments

are due; tests, midterms, presentation, projects, loads of reading, homework, stress and fatigue begin to pile up, and we look back on September with a wistful eye.

Well, it won't do to complain I suppose. My fellow students, we're all in the same boat. The reality of University has sunk in, and its now impossible to escape it. I can only assure you of one thing. For most of us this is a lesson learnt the hard way over the years, but for the first year students out there, maybe I can save you some heartache. No matter the piles and piles of work on your desk, the deadlines looming, and the tests coming up, you have to take time for yourself or this place will drive you mad. Take a night off once in a while and enjoy the company of your friends. You'll find that these breaks will give you the fortitude to continue on and finish your work.

I always find myself amazed at how work gets done, regardless of volume or difficulty. A dedicated effort will cut that pile down faster than you might think. It may require a great deal of effort, but you'll get it done. With that in mind, relax a little bit. You will be much more successful if you can stay relaxed (yet still focused) compared to being com-

pletely stressed out. Trust me on this one, I've been there. The stress will build up seemingly without notice, and then all of a sudden you're having a minor breakdown, you can't think straight, and everything seems to be going wrong. Not only does this affect your grades, but your relationships as well.

All this being said, take my words for what they're worth. You may be a super student who never falls behind and can handle everything thrown at you. If that's the case, then I'm happy for you. Or, you may be a student who just doesn't care, and in that case, stress isn't a factor for you either. For the rest of us, let's just remember that school isn't the be all and end all of our lives. Do your best, work your butt off, and do whatever it takes to succeed. But please, for your sake, don't neglect yourself or your friends. They will be there for you in the end when everything is coming down around you, and you're not going to anyone tired or stressed out.

So that's pretty much all I have for your this week, another glimpse into Matt's Guidebook. Like I said, take it for what its worth. Take care, and I will be talking to you again soon.

Thanksgiving wishes from the SGA/AGE

Well, I hope everyone has started to settle into classes after the crazy month of September. We want to send a big thank you to all the amazing "mad volunteers" that have offered their services to the SGA throughout the first weeks of school-we could not have done it without you! Our volunteers helped with frosh week events, the distribution of frosh and returning kits (for those of you who have not yet picked up your frosh or vet kits, come by our office-we still have them available.)

Although I know that everyone is looking forward to Turkey or Tofurkey Day and the October Study Break, the SGA does have a number of events running throughout October. Our flag sale continues until Friday October 6th, and the IMAGINUS Poster Sale will be back on the



LUKE NORTON
SGA PRESIDENT

5th and the 6th of October-so you can pick up something to bright-

en your walls.

Clubs are also now fully operational and planning many different events-keep an eye out for their activities-it is a great way to get involved and meet new people. Trips all across Ontario are being planned by various clubs, including Incontri's Toronto Opera trip and LUPSA's trip to model parliament in Ottawa.

The third week of October is Alcohol Awareness Week. The SGA is a proud supporter of BACCHUS and alcohol awareness programming. This year, on Tuesday the SGA will have an info table in the Student Centre, Wednesday we will be bobbing for apples in the Pub from 2:30-6:00pm (with great prizes), and Thursday MADD and the SGA will host a BYOB (Bring Your Own Banana-) event in the student centre from 12-2pm where

we will be making banana splits in return for a small donation to MADD. Please visit our website at www.sga.laurentian.ca for more details.

We will finish off the month of October, and celebrate the return from study break with Halloween, and the annual Meal Exchange "Trick or Eat". If you have missed trick or treating since that growth spurt in grade 8, this is the event for you! Teams of students will be collecting items for our food bank, and then meeting in the Pub Dunder after for some good scary fun. Please visit the SGA office for more information.

Good luck to everyone on their mid-terms, have a safe Thanksgiving and remember that we are here for you-come visit us at any time.

Keep an eye on LOCS for all your Off-Campus Needs

If you are not living in residence this year, then the Laurentian Off-Campus Students Society hopes that you will come and join LOCS to have a fun and fulfilling year while you are here in Sudbury. Even if you are native to the city, you will be able to keep track of all the events that are going on around town and on campus, by reading the newsletter, or by checking in at our office. Hours are from 10am-3pm Monday-Thursday. We are still accepting

new members, so hurry up to LOCS, which is located in the SGA office.

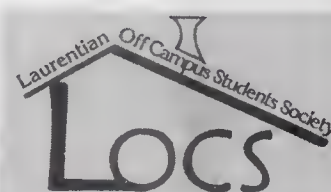
Being a student, whether you are on or off campus, you are likely finding that there are many new challenges, specially if you are just starting your first year of University. Different friends, more complex demands on your time, such as drinking the night away, or studying for that mid term that is coming up in a week can make things hard to balance. LOCS provides you with a way

to connect with others who are living off campus as well, and who are experiencing the same things you are.

Also, come out and celebrate Guy Fox day with LOCS! On Friday, November 3rd, we will be having a celebration in honour of Guy Fox, with a movie showing of 'V for Vendetta'. Doors open at 4pm and the show starts at exactly 4:30! Admission is two dollars per person, one dollar if you are in costume and free for LOCS members. There will be a costume contest so show us your best! Come to the LOCS office for more information or visit the

SGA website and check out the LOCS section.

- Alyssa



SPACE FOR RANT

How exactly do you submit a piece for Space For Rant... it's easy! Email us at lambda@laurentian.ca, call us at (705) 673-6548, or drop us a letter in the mail at SCE 301 Student

Centre, Laurentian University, Sudbury, ON P3E 2C6. Remember: Lambda is the voice of the students. Make sure your voice is heard.

GENERAL NEWS

U-Pass receives passing grade

BY ALLISON LORANGER
ASSISTANT EDITOR

The new U-pass, which has been in affect now for approximately a month, has been widely accepted by most of the student body.

The bus pass allows for students associated with the SGA/AEF to take the bus for eight months, September to the end of April, for \$130. The cost of the bus pass is non-negotiable, except under special circumstances, which students had to apply for within the first four weeks of school.

During past SGA elections the universal bus pass has always been an issue, however, during the last election, which gave Luke Norton the title of SGA president, the idea of the U-pass became more of a reality.

So far the pass has been going just as Norton had hoped it would. And since this is the first for time the SGA has tried something like the u-pass, the association is taking this time to figure out where the gaps are and trying to find ways to make the bus pass even better, Norton said.

One of the ways Norton is hoping to improve the service is by getting a bus which would take students directly to the four corners. The reason for this? The residence has currently cancelled the mall bus, which took students



Allison Loranger / Lambda

Students are taking full advantage of their u-pass. This is the first year Laurentian University has had the u-pass.

from campus directly to the mall and Norton said he would like to see the bus service be more accommodating for students.

Students aren't complaining though. The overall reaction of the u-pass has been pleasant.

"I really like how the pass is incorporated in the tuition,

Vanessa Esson said. "I also like how easy it makes going to school and getting around the city."

Esson, a fourth year student who lives off campus without a vehicle, said she believes there is no need to have a car because the bus gets people to and from

school just fine. She also said it is also saving her money on gas and insurance and finds the bus pass beneficial.

Caitlin Hubbert, a third year student, who has a car, says the bus pass is really beneficial for people,

"It sucks for people who do

have a car, I would rather have it then not have it though," Hubbert said.

Even those students who drive to school have been very positive about the u-pass. Johnny Mendoza, a 4th year student who drives, said he believes it is fair that the money is incorporated in the tuition for all students associated with SGA/AEF.

"I used to take the bus during my first and second year and I know what it is like," Mendoza said.

Even though Mendoza is a driver, he admits he has already put his u-pass to use and has ridden the transit a few times this year.

According to Norton the U-pass is going so well that Cambrian College has shown interest in the idea and would like see the same thing happening for the college next year. From this Norton is hopeful the two school will work together to make taking the bus more convenient for students.

Norton is also hoping to get College Boreal involved in the universal bus pass. By getting involved, Norton said he would hope that taking the bus would become a lot easier for students in different parts of the city, who, like himself, live on the outskirts of Sudbury and have to take the bus everyday to and from school.

Rant On!

By Darlene Cross

Where are the showers?

Where are the showers at Ben Avery building?

Warning should you wish to work out at the Track, Gym, Weight room or use the Pool you will be wearing that sweat and chlorine all day because there are no, zero, nada shower facilities in the change room.

My analysis of the situation is that Laurentian University Maintenance Personnel or as I like to call them LUMPs may or may not be aware that the boiler supplying the showers has been broken since May 2006; wow how time fly's...

Did anybody even notice? It will come as a surprise to you; if you're not in the "know" or fail to see the one and only piece of paper stating the showers are out of order.

There are alternate showers but it means you have to leave the change room and walk 15 metres down an open hallway into another change room where there are working showers.

Tempting options: washing up in the toilet; the water is potable and at present the toilets are working. There are sinks but given the probability of getting a concussion from smashing your forehead on the faucet I recommend going with the toilet. And for the risky, lather up in the swimming pool.

And hey, the showers

sucked before anyway. In the women's change room of the 12 shower heads available only 7 were functioning and really only one or two had good pressure and temperature control.

Let me speak frankly. The fact is that after 5 months someone needs their ass kicked. So lumps, when are you going to fix/replace the boiler? Why didn't you see the failure approaching and prepare for an overhaul or replacement? Did you know a primary reason for boiler failure is poor maintenance? And do you have any idea how dangerous it is let a boiler catastrophically fail (got a death wish)?

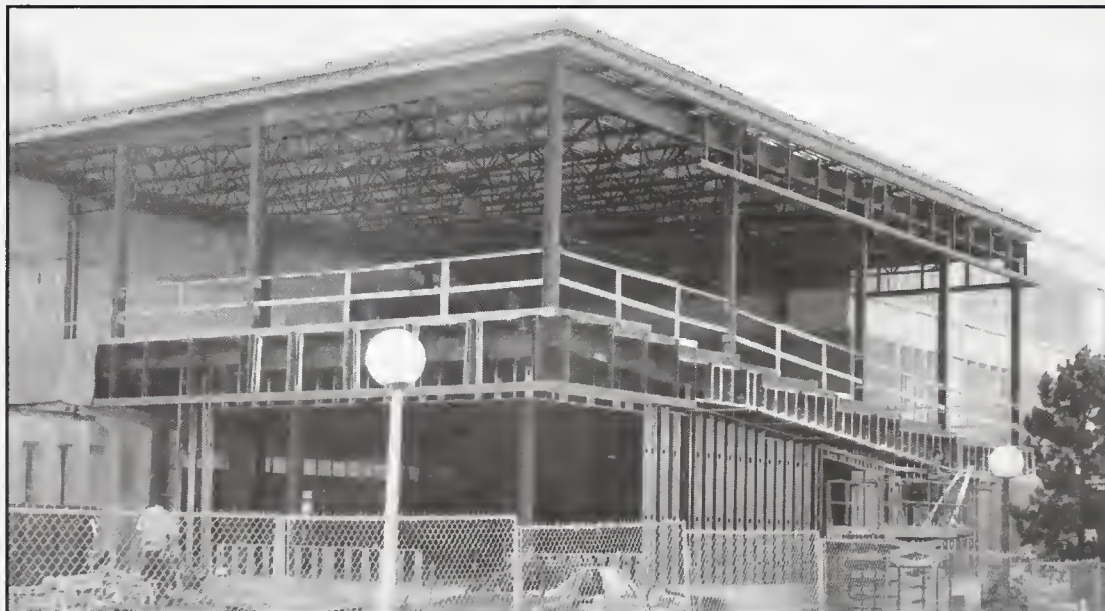
So what are the students going to do about it? I can't believe I'm the only one pissed off. Please don't tell me that Laurentian is full of a bunch of Polly Anna's? Coincidentally, I'm in engineering...

Perhaps our fine president Dr. Judith Woodsworth would like to comment or better yet stroll over to Ben Avery for a work out.

Having vented my anger I must also clarify that given the lumps have done an excellent job at keeping everyone concerned in the dark my comments are completely justified.

Final words, if you don't take pride in your job give it up to someone who deserves it.

School is anticipating the completion of the Bowling Alley addition



Allison Loranger / Lambda

Construction on the Bowling Alley is expected to last until January.

BY ALLISON LORANGER
ASSISTANT EDITOR

Students look on anxiously as construction on the new computer services location in the Bowling Alley continues on into October.

The expansion of the bowling alley has caught the attention of almost everyone around the school, either because of the sound of the construction going on outside their class room or because of the anticipation for the new and improved services.

The expansion is going to be two floors and will consist of a 165 seat classroom, the Micro-Computer Service Centre as well as a larger Tim Hortons.

Although there are rumors around the school that the addition was supposed to be finished by september, Bill Leonard, assis-

tant to the director of Physical Plant and Planning, said that was simply not true.

"The school had said they would have liked (the construction) to be finished by September, but we are looking to have it finished by January," Leonard said.

He also commented that with proposals and the actual construction of the addition it would have almost been impossible to have everything finished by September.

Gerry Gareau, the manager of the Micro Computer Centre, said he is looking forward to the move. The centre, which is currently located in the book store, will be better equipped to serve students.

Gareau informed that since the centre is currently in the book store and sharing their resources

(cash register), the move will mean that the centre can focus primarily on computer related issues.

"The help desk will also be more visible to people walking by," Gareau said. By being more visible the services will be more convenient for students.

The centre is also planning on setting up an area with a few computers so people can go online and check their e-mail.

Gareau also informed.

The centre will also be able to hold more products, which means the centre will be able to supply more of what students need and/or want.

Gareau also said that the move to the bowling alley will make it easier to display in-store specials, students watch-out!

ARTS & ENTERTAINMENT

Independant radio fighting for right to broadcast on-line

New SOCAN regulations could spell trouble for campus stations

BY WILLIAM WOLFE-WYLIE
CUP ATLANTIC BUREAU CHIEF

The ability to broadcast online could be a short-lived dream for a number of campus radio stations across Canada.

A new fee, called Tariff 22, being imposed by the Society of Composers, Authors, and Music Publishers of Canada (SOCAN) is causing a number of campus radio stations to pull their online broadcasts, some of them permanently.

The National Campus and Community Radio Association (NCRA) is now spearheading a protest to have the tariff lowered or repealed to allow smaller broadcasters to make their content available online.

SOCAN is a national licensing body that receives its authority from the Canada Copyright Act and licenses music use for commercial and non-commercial purposes in Canada, everything from songs played over the radio to the music played while you're on hold on the telephone. The society collects licensing fees from radio stations and other media outlets nationwide to ensure that artists receive compensation for their work.

According to SOCAN's Paul Spurgeon, the tariff was originally proposed in 1995 to take effect in 1996, though he was careful to note that the original proposal came forward before any Napster-style download software existed.

"Our goal is to have anyone who uses music in their services pay for that use," said Spurgeon.

Out of this perceived need for a new licensing system, Tariff 22 for the Communications of Musical Works via the Internet or

Similar Transmission Facilities was born.

But smaller broadcasters feel the tariff is essentially forbidding them from broadcasting their content online and are contesting the decision.

At the core of the controversy is in the minimum fee set forth by the tariff. As it is currently written, any non-commercial radio station, such as most campus stations, will be required to pay a total of 7.5 per cent of their annual revenue or \$200 a month, whichever is greater, for a license to broadcast online.

A public hearing before the Canadian Copyright Board has been scheduled for April 17, 2007. The board will act as an arbiter between SOCAN and those who are protesting Tariff 22 and will make a decision it perceives to be in the best interests of all parties.

"They will set the rate," said Spurgeon.

For Pierre Malloy, station manager at CHMA 106.9FM in Sackville, N.B., the issue comes down to money.

"We're already stretched to the gills," he said. And \$200 a month, he said, is someone's job at the radio station.

Malloy said that, depending on the results of the hearing in April, CHMA could be forced to stop broadcasting online entirely.

While nobody is paying the fee right now, it is expected that the hearing this spring will result in the fee being applied retroactively. The Copyright Board will determine the time period that this will encompass.

In the meantime, however, a number of stations have been voluntarily paying a small fee as an experimental license, a kind of pilot project to wider implementation.

Tristis Ward, the station manager at CHSR in Fredericton, said there are stations paying as little as one quarter of the \$200 monthly fee and that a base fee as heavy as that which is being proposed has the potential to cripple the ability of small broadcasters to go online at all.

"One member has an \$800 budget and a \$2,400 bill to go on the Net," she said.

Ward said CHSR in Fredericton had set aside some money to pay for a short term of online broadcasting in the hopes that the hearing in the spring proves favourable to smaller stations. If it does not, though, she said they too would have to pull their online web feed.

Malloy simply hopes that the minimum payment on Tariff 22 is reduced to a more reasonable amount for smaller stations so that they can continue to explore online options.

"If it's a question of a token amount then it should be a little more token-y and less of an amount," said Malloy.

Ward, meanwhile, believes that the hearing will be productive and offer campus and community stations an option for reduced fees.

"They put these things on as minimums because they weren't looking at who we are," she said.

Spurgeon also said the hearing could result in different rates depending on the sizes and budgets of subscribing stations.

The NCRA cannot afford a lawyer but has a small team of legal researchers working on getting them ready for the hearing in spring. Ward said that there are approximately 20 objectors that she is aware of right now.

LUKC makes strong showing at tournament

BY ERIC KINGSLEY
CONTRIBUTOR

The Laurentian University Karate Club (LUKC) took to the ring in Kitchener for the Karate Ontario grand prix tournament on Sunday, October 1st.

The opening ceremonies began at 9am, and the LUKC members began warming up and getting ready for their competition that would start in the afternoon. The LUKC competed in various divisions, including Novice, Intermediate and Black belt level Kata (forms), as well as Novice, Intermediate and Black belt Kumite (sparring). The club's head instructor, Sensei Craig Vokey, served as an official for the tournament.

The club put on a spectacular performance, earning seven medals. In the women's novice division, Haja Lucien earned herself a silver medal in kumite. In the men's novice kumite division, the LUKC swept the podium. Eric Kingsley fought his way to the top, winning the gold medal, followed by Trevor Hall (silver) and Matt Dell (bronze).

After watching his team put

on an inspired performance, Kurt Laube, Laurentian's first student to ever compete at the National level, competed in the Cadet Black belt division (ages 18-20). Despite a strong effort, Laube was unable to defeat his opponent in the finals and brought home a silver medal in the kumite division.

After the tournament, the club gathered for a celebratory meal before heading back up north. The next day would see these athletes back in classes, and later in the evening they would continue their training.

The LUKC holds classes three days a week in the gymnasium of the Alphonse Raymond building, under the tutelage of Sensei Craig Vokey and Sensei Charles Fink. Classes are Monday, Wednesday and Friday from 5:00pm until 6:00pm for beginners, and continue on an extra hour until 7:00pm for intermediate students and above. Anyone and everyone is encouraged to come out and participate, no experience is necessary and there is a free trial period available to anyone interested.

No meat? No worries!

BY NADINE VISSCHEDIK
A&E EDITOR

What's special about October 1st? If you can't think of it, try asking the members of People for Ethical Treatment of Animals (PETA), who hosted the annual vegetarian dinner in honour of World Vegetarian Day. The dinner took place on Sunday, which is World Vegetarian Day. In light of this occasion, here are some tips for anyone thinking of going vegetarian, or going vegan.

There are three different kinds of vegetarians, ovo vegetarians, who eat eggs, but no meat, lacto-ovo vegetarians, who eat eggs and dairy, but no meat, lacto vegetarians, who eat dairy but not eggs or meat, and finally vegans, who eat only plant products. Another class of vegetarians are semi vegetarians, who are often classed as vegetarians as well, who eat dairy eggs, and fish but no other kinds of meat.

The choice to go vegetarian is unique to each person, however it often has something to do with animal rights. This is why PETA is very involved in recruiting people to turn vegetarian. If you are thinking about going vegetarian, here are some tips.

Most of the things that are provided nutritionally by meat can be easily replaced with vegetable matter, as long as some care and attention is given to diet. The main nutritional factors that need special care in a vegetarian diet are vitamin B12, which can be taken from dairy products, eggs, soy products, rice drinks, and vitamin fortified products, vitamin D, which can be found in dairy products, and calcium fortified juices, calcium, which can be taken from dairy products,

dark green and leafy vegetables, chickpeas, and many soy products, especially drinks. Other nutrients that are often missing from no meat diets include protein, iron, and zinc. These can be found in dairy products, eggs, tofu, whole grains, nuts, leafy green vegetables, wheat germs, and legumes.

Going vegetarian has never been more popular or easier. There are now veggie alternatives available for almost any meat product, and although they probably do not taste the same, if you make a commitment you want to stick to by going vegetarian, things like 'chick'n' and 'fib ribs' will definitely help to stop any cravings that might tempt you back to your meat eating ways.

Those who choose to go vegetarian also do not have to do it alone by any means. Not only are the general public switching over in droves, many celebrities are choosing to 'go veg' for reasons of their own. Some of these celebrities include INXS's J.D. Fortune, who is a spokesperson for PETA, Pamela Anderson, who recently filmed an exposee called "Kentucky Fried Cruelty", which outlines the cruel practices that KFC uses to process their chicken, and Sir Paul McCartney.

So whether you just like vegetables, are an advocate for animal rights, are looking to help the environment, or simply want to change your diet for health reasons, going vegetarian is a viable choice. There are tons of resources to help you out, with vegetarian cookbooks becoming more and more available, as well as many websites with recipes for vegetarian meals. Remember, you are not alone!

Local artists bring art to community

BY NADINE VISSCHEDIK
A&E EDITOR

This weekend was the Greater Sudbury fall Studio Tour. It ran on September 30th and October 1st, from 10am until 5 pm each day. There was no start or finish, and people were encouraged to drop into studios whenever was convenient for them.

The tour is run annually, and has been going on for sixteen years. The tour is sponsored by the Sudbury Craft and Arts Foundation.

The Sudbury Craft and Arts foundation is a nonprofit organization that is dedicated to promoting craftsmanship and artistic expression in the city of Sudbury. It helps local artists promote themselves in Sudbury and the Northern Ontario Region. Members of Sudbury Craft and Arts Foundation have help in getting and advertising shows and tours.

The tour included twenty five studios, and more than sixty artists. The art that was showcased ranged from photography, painting, sculpture, and poetry to jewelry, pottery and sewing. It was a successful show of many

different kinds of creative thinking and design. The tour was free, and was a 'come-as-you-please' set up, with artists staying with their work in order to explain it. Lots of the work was for sale, and many artists also had prints for sale for those who could not afford originals.

The tour had a family friendly feel to it. There were fruit and vegetable trays at every studio as well as coffee and cookies. Many of the artists had interactive pieces that children were encouraged to play with. This, along with the familiar presence of the artist themselves allowed for a very homey and intimate feel. Their presence, the family friendly atmosphere, and the small size of each studio showed very clearly the difference between a studio tour and a gallery showing.

One of the artists whose studio I made it to was Will Morin, who was showing his work at the Black Cat Too. Morin took the time to really sit down and talk not only to me, but to everyone who came into the show. He was careful to listen to each person's interpretations of his art, and then explained his reasons behind creating what he did. Morin creates

art with the intention of bringing people back to their natural roots, and away from the consumerism that disrupts the natural balance of the world. He sculpts, paints, draws, takes photos and performs. Morin is also a motivational speaker, and has come to Laurentian University a few times to speak in lectures in different classes.

Another artist who really stood out to me was Kim McKibbin. She opened up her studio to the public, and allowed us to see inside the place where she works. Kim's studio was a beautifully lit three room space beside the guitar shop by the YMCA downtown. Her work was mostly paintings, with some collages. Kim had a few different styles, from a beautiful picture of a ballerina to stylized paintings of P.E.I. and collages depicting an abstract image of a stick figure and circles. This piece, she said was painted with the feeling of being a woman juggling career, family, kids, and all the responsibilities that life throws at you. Kim was welcoming and cheerful, as was her studio, and anyone visiting felt immediately at ease.

SPORTS

Laurentian welcomes new Lacrosse team



Contributed

The men's Lacrosse team relaxes before taking on the Carleton squad in their second season game, which they would drop by a score of 13-10. This is the first season that Laurentian University has had a competitive Lacrosse team.

BY LAUREN LAROCQUE
SPORTS TEDITOR

While many Pot Bangers and fans are gearing up for another exciting year of basketball, soccer, and swimming, the Laurentian community also seems to be welcoming into its arms a raft of new teams and sports. While perhaps the most high profile new sport is golf, another sport has been added to the list of sports offered here at Laurentian. This year, Laurentian welcomes another new sport to its campus: lacrosse. While there were practices in previous years, this is the first year Laurentian is home to a competitive team.

The Laurentian lacrosse team is not considered a varsity sport, but does participate in exhibition games against teams in the Canadian University Field Lacrosse Association (CUFLA). Despite lacrosse's recent surge in popularity, CUFLA has actually been in existence since 1985.

The league currently consists of ten teams who have obtained varsity status, and another eight probationary teams

who are seeking later acceptance into the league. The Laurentian team is currently one of the probationary teams.

"Admission to the league is based on the outcomes of games played and each team's application," stated a press release from CUFLA in August.

The lacrosse season runs from early September to early November. Laurentian currently has participated in three games, falling to University of McGill (one of the league's top teams) 20-2, as well as to Carleton University 13-10 and Queen's University 16-5.

The players remain optimistic and are using this year as a learning experience and as a stepping stone to obtaining varsity status.

"The team will continue to practice and develop their skills in their indoor practice venue," Caleb Leduc, a team member, said. He continued by commenting on the fact the league is approaching the end of its competitive season.

Laurentian athletes not only play sports, but also serve as rep-

resentatives of the Laurentian community. The lacrosse team is no exception. The members set time aside to go to local high schools and teach the students lacrosse, and on occasion some high school students have had the opportunity to practice with the team.

Despite being a Canadian sport, lacrosse has been eclipsed by hockey nation-wide and has always managed to stay slightly under the radar. Recently, it has seemed to boom in popularity. More and more people are playing lacrosse, both competitively and recreationally. It is even being offered this year as an activity course for Human Kinetics students. Team captain Jeff Easby credits the recent increase in publicity and television promotion for helping to increase lacrosse's popularity.

More information on the CUFLA can be found at www.cufla.org. Students interested in joining up next year are welcome to check out the team's information booth at Laurentian's annual event fair, or to swing by and check out a practice.

Laurentian rowing club makes waves at Regatta

BY MATTHEW
DESROSIERS
EDITOR-IN-CHIEF

The Laurentian University (LU) Rowing club wrapped up its season with two Regatta rowing events during the past two weeks.

The first of these events took place on September 24th at the Sudbury Rowing club. The Rowing club members gathered by the water in the cool weather to compete against their peers and hopefully beat their fastest times. The club includes first time rowers as well as veterans from previous years.

"The event today was cold but empowering," said Gillian McDermott, 3rd year student at LU and 1st year rowing club member. "It was very tiring, but so much fun." The race took place over a 1000m course on Ramsey Lake. There were five races over the course of the afternoon, including the mixed 8, mixed 4, mens 4, women's 4, and women's double.

"It was challenging because we lost one of our people during the race," admits McDermott. "But we picked up as a team. It was great to see [the progress]

from the first time we rowed together until now. We beat our old speed record."

The club brought a variety of strangers together over the course of a month and formed them into a well oiled speed machine. The camaraderie was apparent at the pizza party that was held at the house of Dr. Judith Woodworth, Laurentian University President. Woodworth, a rower herself, happily hosted the team in her basement while they consumed a number of large pizza's after a tiring afternoon.

"This is the 4th year this program has been growing, and we owe it to Charlotte Leonard (club co-ordinator) and Shannon Hengen (Head coach), with lots of help from volunteers" Woodworth said during the party.

While they relaxed after the busy day, talk turned to the next and final event on the calendar. The Head of the Trent Regatta is an exciting race that marks the end of the season for the LU Rowing club. Only a portion of the club attended this race, as it has a much more competitive background.

The Head of the Trent is a 5km time trial race that requires a



Contributed

The Laurentian rowing club participated in the Head of the Trent Regatta this past weekend, winning 3rd place in the mixed 8 and 8th place in the womens 8.

lot of skill and attention to complete safely. During the race there is a narrow canal that only allows for the width of one boat. Since the event is a time trial, boats start one at a time. If a boat in the back is quicker than the rest, however, it may catch up. At this

point, to salvage a strong time, they may pass in certain areas.

If the boat is not careful and attempts to pass while approaching the canal, not only will they be disqualified, but may also cause a dangerous crash with other nearby boats. Luckily there

were no crashes this year, however a doubles team (not from LU) did get disqualified for passing in an illegal zone.

"It was fun," said Tanya Biscardi, who was participating in her second Head of the Trent Regatta. "The fans cheered for every boat that comes through the canal. It showed great sportsmanship."

Once again, weather was an issue as the cool air on the open lake added to the difficulty of the race. Some of the LU boats had to wait while their opponents made their way to the starting line, leaving them exposed on the lake to the frigid temperatures.

Despite the weather problems, the LU Rowing club had a very successful showing. The mixed 8 boat came in 3rd place out of 16, while the women's 8 boat came in 8th out of 16.

"Last year the weather was better," said Biscardi, "but we did better this year."

It should also be mentioned that while the club is from LU, it does not actually represent the school. The rowing club is not a varsity team, yet. This is something that the club is looking to change in the near future.

Voyageur's Golf claim first ever tournament title

CONTRIBUTED

The Laurentian Voyageurs golf team made history on Monday, September 25th, after recording the first OUA golf victory in the school's history. The Voyageurs outlasted both Carleton University and Queen's University to grab the Carleton Invitational title.

It was cool and windy as the field set out on the Black Bear Ridge golf course in Belleville, Ontario on Monday. Team veteran Jason Kauffeldt (Valley East, Ont) was the first to play for the Voyageurs, and finished his

round with a solid 6-over par, 79.

Next to come down the eighteenth was another veteran, Max Kallio (Lively, Ont.), who fired a respectable round of 80. The Voyageurs were looking good at this point, with no real low scores yet to be posted.

The next Voyageur to finish his round was last years captain, Yves Fraser (Valley East, Ont.). Fraser was struggling terribly through seven holes, playing the stretch in 8-over par. He knew he had to grind out a respectable round for his teammates, and that's when his luck began to

change. It was bowling that coined the phrase "turkey", but Fraser made use of it when he birdied holes eight through ten to get back to 5-over par. He fell back a bit coming home, en route to an 81, which he took graciously after starting the round poorly.

Steve Clark (Sturgeon Falls, Ont.), the teams' low qualifier was playing right behind Fraser, but could not get anything going during the round. Despite driving the ball beautifully, Clark struggled with his iron play, leading to a round of 95.

The anchorman for the

Voyageurs on Monday was rookie John Atherton (Toronto). The Voyageurs needed a solid round from Atherton if they hoped to challenge for the title, and he did not disappoint. Standing on the eighteenth tee, Atherton was 4-over par. After hitting his drive and a 1-iron on to the fringe of the par-5, Atherton almost made his chip for eagle, but settled for a birdie and a round of 3-over par, 76. The round was good enough for second place individually, one behind the leader, and vaulted the Voyageurs into first place and their first OUA golf

victory. The final results were as follows:

Team:
Laurentian - 316
Carleton - 318
Queen's - 319

Individual:
John Atherton - 76 (2nd place)
Jason Kauffeldt - 79
Max Kallio - 80
Yves Fraser - 81
Steve Clark - 95

GENERAL NEWS

Ontario advanced education minister defends position

Bentley says educational access improving

BY SARAH MILLAR
EXCALIBUR

Contrary to a new poll by the Canadian Federation of Students, the minister of colleges, training and universities says that more Ontarians are able to attend university due to new access achievements that his provincial government has made.

Fifteen hundred Ontarians participated in the CFS poll conducted by Feedback Research Corporation on the affordability and quality of post-secondary education.

Eighty-five per cent of poll respondents believed that law and medicine professional programs, which have experienced an average of eight per cent cost increase, are priced out of accessibility.

Similarly, 74 per cent of respondents believed that Premier Dalton McGuinty was breaking a promise by raising tuition fees.

In an interview with Excalibur last week, Chris Bentley, minister of colleges, training and universities, defended his leadership and said the fact that enrolment numbers are rising is proof that his government has kept their promises.

He recalled the last provincial election campaign in 2003 when McGuinty stood in the Rogers Centre, promising to fund 50,000 new spots for students at post-secondary institutions across the province.

"In the past three years, 86,000 more students are find-

ing a place in our universities and colleges. So we've exceeded the capacity of the Rogers Centre. You can fill the ACC [Air Canada Centre] and

"Cancelling the tuition freeze after only two years has put the Liberal government seriously out of step with the voters"

- Jesse Greener
Ontario Chairperson
CFS

the old Maple Leaf Gardens with all of those students in there," he said.

Bentley said the best part of the new spots is that they are completely funded by the government, meaning that these benefit the students who potentially could not have gone to university before the new funding measures were in place.

The McGuinty government pledged to freeze tuition prices when it came into power in 2003. A freeze was maintained for a two-year period, and ended at the beginning of the 2006-07 academic school year.

The recent lifting of the tuition freeze has created a negative backlash from students and student groups, like the CFS, across the province.

"Cancelling the tuition freeze after only two years, while Ontario's fees remain amongst the highest in the country, has put the Liberal government seriously out of step with the voters," Jesse Greener, the Ontario chairperson of the CFS, said in a media release.

Bentley dismisses the claims that his government has done nothing to help students with the rising cost of post-secondary education.

"Our goal is to make sure every student who qualifies academically has a chance at post-secondary [education]. There are economic challenges for many students and that's a real barrier for many."

"That is why we are doubling the amount of student aid, increasing the amount of student aid any one individual

student can get by a third and we brought back the upfront tuition grants," the minister said.

Participation rates for post-secondary education have continuously risen by five per cent since 2002-03, up to 40 per cent, according to Bentley.

He also dismissed claims by the Conservative and the NDP parties who argue that the Liberals are not helping students with the financial burden of their education.

Bentley said that it is students from middle-income families who have seen "substantial" improvements to their access to government financial assistance, citing changes in eligibility requirements — for example, students only have to be independent from their parents for

four years instead of five, parental contribution to students' education has been cut in half and they have restored the upfront tuition grant.

"So the fact is that more students — not just the lowest income of students — more students of middle-income families are getting more assistance and more of it in grants than ever before," he concluded.

Greener countered, saying, "McGuinty tried to convince voters that enhancing financial aid, primarily through increased student loan debt, while allowing tuition fees to skyrocket, would provide opportunities for students from low and middle-income backgrounds."

Voyageurs sports recap

BY LAUREN LAROCQUE
SPORTS EDITOR

It's been a busy week for our Voyageurs. Men's soccer, basketball and swimming, and Women's soccer, swimming and cross-country running teams all have been competing and representing Laurentian well. Here's a recap of all the results.

The men's soccer team defeated Trent University on Sunday, Oct. 1 with a score of 2-1. The Lady Vees also met up with Trent on the same day, and also defeated the Excaliburs with a score of 2-1. The Lady Vees are on a two-game winning streak with an overall record of 4-2-2.

The women's cross country-running team traveled all the way to Mount Morris, New York to compete in the Genesee Invitational. It was well worth the trip down south, as all ten of the Laurentian representatives finished in the top third of the field,

securing the team a third place finish. Top ten finishes were produced by Leila Angrand (Sudbury, ON) and Lindsay McNicoll (Capreol, ON).

The action continued in the pool, as both the men and women's swim teams hosted the McMaster Marauders on Friday, September 29. The women fell to the Marauders 34 to 68, while the men met a similar fate with a score of 45.5 to 56.5. Due to the fact that this meet came early in the season and in the middle of a training camp, the team was pleased with its overall performance and the rookies took this opportunity to gain some experience leading in to the rest of the season.

Notable swims on the women's side came from veterans Stephanie Kuhn (Timmins, ON) and Courtney Hicks (Burlington, ON) as well as rookie and Sudbury native Kyleigh

Commito. Blair Smith (Cobourg, ON) and Ryan Smith (Almick Harbour, ON) lead the way for the men's team. The AquaVees meet up next against Western in London on Oct. 14.

On Sept. 28, the men's basketball team continued its pre-season with a game against the Georgian College Grizzlies, finding their first win of the pre-season with a final score of 96-42. Leading the way for the Voyageurs were Brady Bolan (Sudbury, ON) with 17 points and Craig Bauslaugh (Waterloo, ON) with 16 points. Next up for the Voyageurs is the Concordia Tournament on October 6 and 7.

Intramural season gets underway

BY CAITLIN TINO
INTRAMURAL ASSISTANT

The Intramural Sports Program at Laurentian University is known for its energetic atmosphere, creative twists and high levels of participation from students, faculty and full-time staff. Intramural sports are the perfect way for people on campus to stay physically active, socially involved and release a bit of stress in a positive, productive way.

Laurentian University's Intramural Program has been awarded the Excellence in Intramural Sports Programs National Award from the Canadian Intramural Recreation Association (C.I.R.A.) for the past 5 consecutive years.

The program offers opportunities for highly trained athletes to excel in competitive leagues, but also gives opportunities to recreational players to participate in recreational leagues in a variety of different sports. The sports being offered this year include: outdoor soccer, beach volleyball, men's and women's basketball, 4 by 4 volleyball, doubles badminton, massage clinic, indoor

soccer, 3 by 3 basketball, cross country skiing, co-ed volleyball, super splash, inner tube water polo and water basketball. There are both weeknight and weekend schedules for different sports which gives the "student/ intramural athletes" flexibility as to when students can participate, especially considering students main focus is supposed to be school.

Posters are put up around campus all year long, with announcements for team sign-ups and captains meetings. Be sure to pay attention because spaces fill up fast and there is a limited capacity.

To register come to the Active Living Department in the Ben Avery building, room B226 between the hours of 9am-12pm and 1:30pm-4pm. If you have a team, send your team captain with all players' student numbers, contact emails and, of course, your team name. If you are an individual player without a team come register and we will help you find a spot on a team. From there you can prepare yourself for an engaging intramural sport season, and get ready to play.

Travel CUTS *Helpful Checklist*

- ☒ **Book travel for holidays**
- ☒ **Book Reading Week/ Spring Break trip**
- ☒ **Book trip for next summer (Why not dream?)**

Fine print: In case you didn't know it, Travel CUTS is actually owned by you! On your behalf, we work hard to save you money by combining students' collective buying power to negotiate many exclusive student travel discounts & services that others can't. So booking your travel with us actually helps Canadian students. As an added benefit, our charming agents really know their stuff, and love what they do. So stop in, say hello, and ask for a free music download card. If we have any left, it'll help you to enter a contest to potentially win \$10,000 in tuition, a free trip to Cancun for you and three friends, or one of ten laptops. Now how cool would that be?

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New Student Centre
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4. **It's Goin' Down (A Cappella)**
- Yung Joc
5. **London Bridge (Chorus)**
- Fergie
6. **Me & U**
- Cassie
7. **Money Maker (Pharrell Chorus)**
- Ludacris (feat Pharrell)
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SCIENCE & TECHNOLOGY

The Green Machine: Connecting the world with technology

BY CHANTAL NELSON
CONTRIBUTOR

The United Nations has unveiled the \$100 computer for children in underdeveloped countries. This advancement in technology for these countries is a way to establish an independent learning system for youth. By being able to take charge of their own education through technology and access to the world, children in these countries will be able to use the technique of learn by doing.

Kofi Annan has geared this idea as part of the Millennium Development Goals. Working with UNESCO and Microsoft Corporation, the United Nations was able to develop

this low energy computer, connecting parts of the world that lacked the technology. The significance of this achievement is inherently the opportunity for children to advance despite the blockades of how developed or underdeveloped the country they live in actually is.

This initiative is geared towards the idea of one laptop per child, and the creations of a powered laptop through a wind up crank emphasizes the low energy requirements of the product. These laptops are to be of no cost to those beneficiaries, but instead are donated or financed directly through domestic resources. The One Laptop per Child (OLPC) is a non-profit organization, and has

been an ongoing pursuit of the United Nations for over a year. With the goal of offering technology worldwide this inter-governmental organization is attempting to establish opportunity and variant forms of education to these underdeveloped countries.

Nicholas Negroponte, who is currently chairman of the OLPC, first introduced this initiative at the World Economic Forum in January 2005. This ongoing process has proved to be extremely effective in the progress it has made. The 2B1 computer is a way for the world to emerge and connect. Negroponte plans to have millions of this \$100 laptop in production in the next year, pre-

sending this device firstly at the United Nations summit in Tunis.

The green machine, a nickname of the 2B1 laptop, allows children to use it as a conventional computer, electronic book, handheld game console or function as a television. This leap of technology offers many the opportunities to advance within the technological world, when for a long time this access has been denied. Focusing on children and youth of these underdeveloped countries inevitably is key in establishing interconnectedness of the world.

A working model of this machine has been tentatively said to be ready by February.

Many countries are waiting to see the final product before purchasing this green machine. The product is backed by many big name supporters, but will firstly only be offered to governments with the future goal of offering this product to the open market. To become part of this initiative governments must commit to purchasing 1 million machines for around \$100 each. This undertaking is a huge progress for the United Nations but proves to be necessary for the world. The development of this goal has shown to be successful and is on a steady track to providing education to the children of the world.

Start your career at Career day 2006!

BY PATRICK THIBEAULT
PROJECT COORDINATOR
PLACEMENT CENTRE

You're graduating in the spring of 2007 or you're already thinking about summer jobs. You haven't yet established what you're going to do after that (i.e. with the rest of your life). Fear not my fellow student for Career Day 06 is coming to save the day!

On Thursday, October 12th,

the Placement Centre is organizing what is setting up to be the largest career day in the history of Laurentian University career days. For starters, we will be the hosts of over 100 company representatives looking to hire you and coming from all over the country, from Labrador City to Vancouver.

The sheer number of employers attending necessitates that we not only be in the

Bowling Alley, but that we also extend all the way into half of the Great Hall! Now how's that for size!

And if that weren't enough, the Placement Centre, in partnership with Hidden Valley Resort, is giving a weekend getaway trip for two to a great Muskoka resort. Your Hidden Valley Resort escape will include two nights' accommodations for two, breakfast for two on both morn-

ings of your stay, fine dining in the evening for you and your guest, a luxury massage and one great weekend without worries!

Whether you choose to go during the October reading week, winter holidays, February break, or just for a weekend away, this package is good for the whole of the 2006/2007 school year and is of an estimated worth of \$500! Visit the Career Day 06 booth on October 12th and get a chance to win this unprecedented prize.

So bring a stack of resumes, look good, and remember that these are the actual people who hire for their various companies. Whether you're a soon to be graduate of philosophy or com-

merce, nursing or engineering, there will be employers from all sectors participating in Career Day 06; from government to banking, engineering, police services, social work, non-profit organizations, health services, overseas opportunities, accounting, high tech, graduate studies, and much more. A complete list of the companies attending can be found on our website, http://www.laurentian.ca/place-ment/en/career_day.html, or on our posters which can be found all around campus.

Career Day 06! Kick your career into gear! Thursday, Oct. 12! Great Hall and Bowling Alley!

Witness the Dance of Death!



Traditional Karate Information session and Demonstrations

Wednesday, Oct 11th

2nd and 3rd Floor of the Student Centre

Information session from 9am to 12pm

Demonstrations at 10:30am and 11:30am

Demonstration includes performances by:

- Sensei Craig Vokey
- Sensei Charles Fink
- also includes Novice and Intermediate students

Take this opportunity to meet Kurt Laube, Interuniversity Champion and the first Laurentian student to compete at the Nationals competition!!!

El Viento Flamenco

Spanish Music and Dance

Saturday, October 14th at 8pm

Fraser Auditorium

Free parking

Tickets are available at:

Black Cat Too

Helvi's Flower Shop

Jett-Landry Music

at the door (if available)

Adults: \$25 Students/Seniors: \$20

OPINIONS

Digital rights management at odds with rights of consumer

If you purchase something, shouldn't you own it?

BY MATT SCHNEIDER

THE GATEWAY

If you ever want to have fun at the expense of your conservative capitalist friends, get them started on a rant about personal property, and then ask them about digital rights.

Sure it sounds boring now, but just wait till you see the looks on their faces when they segue from insisting on the right to their property to the necessity of digital rights management (DRM).

DRM is an umbrella term for the measures that companies take to "protect" their digital content. This protection amounts to controlling the ways in which you're allowed to use your purchased media.

One of the classic — and still most prevalent — forms of DRM can be found on almost

every DVD you own: region settings. These determine what regions (that is, countries) a particular DVD is authorized to be played in.

For example, you can't watch your North American copy of Pulp Fiction in Germany: DVDs marketed in North America are marked as Region 1 and can't be played in Germany's Region 2 DVD players.

The same policies are in place for music. CDs from major labels often have copy-control labels on them, indicating that the record company has taken measures to prevent you from playing your CD as you please.

In the case of my copy of Radiohead's Hail to the Thief, it means that I can only play it on my laptop if I use the included CD application, which regularly

crashes my computer — leaving my Xbox as the only way to listen to the thing.

Likewise, Apple's iTunes DRM prevents you from transferring your iTunes purchases to an MP3 player other than an iPod, making every purchase you make on iTunes just one more reason not to buy a non-Apple MP3 player.

With the new emphasis on digital delivery, DRM is becoming a bigger threat to consumer rights than ever. When you buy something online, you're not always buying what you would get if it were a physical product.

Unbox, Amazon's newest digital download service, offers customers the ability to download their movies digitally at an average savings of about \$5. While it may be cheaper and

more convenient than going to a store to buy your movies, as always, the devil's in the details.

According to Unbox's terms-of-service agreement, you're not actually buying the movie you're downloading, you're renting it — albeit indefinitely.

Because you're only renting the movie — a point the agreement emphasizes by referring to the movie as "rental digital content" and your payment as a "rental fee" (despite the fact that the button you click to pay for the service says "buy" on it) — Amazon controls how you view it.

You can't play the movie using any software other than their software, and if you delete their software, the agreement gives you the following bit of customer relations: "Your ability

to view all Digital Content you have downloaded to the Authorized Device will immediately and automatically terminate and we reserve the right to delete all Digital Content from that Authorized Device without notice to you." Enjoy your purchase indeed.

While I can understand that the digital age requires a new business model, I think that we should probably leave serfdom off the list. Sure, businesses have a right to make their money, but in that case shouldn't their customers have the right to own their purchases?

The concept of digital property is a new one, but that doesn't mean that we should have to work our way forward from the Dark Ages all over again.

Are you getting enough H2O?

BY SHEAH GASTON

THE BRUNSWICKAN

How much time do you spend doubled over during exercise? No matter what the physical activity, many people neglect hydration, but it's a major factor in your success . . . or failure. The next time you're dogging it down the ice or across the field cursing your damnable fitness, stop and think: Have you had enough water?

In an average day, a human being needs approximately eight cups (two litres) of water to maintain healthy hydration levels. Many of you have probably heard this before.

However, what you may not have had pounded into your head is that for some people, eight cups is not enough. Some naturally sweat more than others, some pee more, some just get thirstier. For whatever reason, you might need more than that eight cups.

Athletes certainly need more than eight cups in a day, because they not only have to maintain equilibrium, but they also have to replenish what they lose during exercise. Half an hour to an hour's hard exercise could double your required intake.

Dehydration during sports can decrease running times, reaction times, strength, energy, and even mental acuity. Think of it this way: the less water in your body, the less dilution your blood has, the more thick and sluggish your blood will become . . . ever tried to run maple syrup through a tap?

As far as Gatorade goes, the jury's still out on the need for immediate replenishing of our electrolytes, says Lauren Rogers, fitness and wellness coordinator at the University of New Brunswick's gym. The level of electrolyte loss also varies, she says.

"Losses are greatest in beginners, so training actually improves electrolyte retention. As long as a person eats a

healthy, regular diet that meets their energy and nutrition requirements, they replenish their electrolyte loss."

Still wondering what electrolytes are? They're minerals like sodium, potassium, chloride, and magnesium, says Rogers, and they're lost when you sweat. They regulate your body's water levels, so if you're not getting them in your diet, your body won't stay properly hydrated. Hence one of the major reasons for a healthy, balanced diet.

Keep in mind too that just because you're not thirsty doesn't mean your body's good to go.

"Once you are thirsty, you have been dehydrated for a while," says Rogers. "To prevent dehydration, an active person can hydrate before an activity, then during and after the activity. In real hot weather, this should be done even more, although some dehydration may be inevitable."

The effects of dehydration and its friend heat exhaustion on your game aren't pretty. During the early stages of dehy-

dration, decreased energy is the most obvious symptom, but as dehydration progresses to heat exhaustion, dizziness sets in, along with a pounding headache that could put anyone off their game.

Muscle cramping occurs as well, the obvious effects of which can usually be ignored but may lead to strains and muscle pulls that can plague your fitness for months if they're not properly rested.

If you're neglectful about hydration on a long-term basis, by drinking just enough water not to feel too thirsty during a game, or by that lovely habit many athletes have of rinsing their mouths and spitting the water on the ground instead of drinking it, you can do some pretty severe damage that will definitely keep you off the field and will also make everyday life unpleasant as well.

Worst-case scenario: long-term dehydration may damage your heart, bring out circulation conditions like thrombosis to which you may already be predisposed, or cause fatal blood clots in the brain (commonly

known as heat stroke). Even the lesser problems, like constipation from improper water balance in the colon, aren't pretty.

You may all have heard this before, but you also may never have grasped it — if you're sweating, you're thirsty. If it's hot out, you're thirsty. If it's been over an hour since you last

had a drink, you're thirsty.

In order to perform, a car needs oil, and just the same, the human body needs water to take you where you want to go. And an extra gulp or two of water every time you take a water break makes all the difference.



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